

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 9:00 Coffee & Crossword 10:00 Sit and Be Fit 10:30 Current Events 11:30 Lunch 12:30 Common Endings 1:15 Pokeno 2:00 Name 5 3:00 Homophones	2 9:00 Coffee & Crossword 10:00 Paul Eugene low impact Cardio Fitness 10:30 Current Events 11:30 Lunch 12:30 Fitness Detective 1:15 Harvest Bingo 2:00 EZ Trivia 3:00 Piggy bankers	3 9:00 Coffee & Crossword 10:00 Fuzion Chair Fitness 10:30 Current Events 11:30 Lunch 12:30 Wacky Wordies 1:15 Paying it Forward 2:00 Cut and Paste Project 3:00 Pictionary	4 9:00 Coffee & Crossword 10:00 Seated Cardio Boxing Workout 10:30 Current Events 11:30 Lunch 12:30 Math mania 1:15 What am I? 2:00 Modern Tech 3:00 Jenga	5 9:00 Coffee & Crossword 10:00 Chair Yoga Dance 10:30 Current Events 11:30 Lunch 12:30 Unscramble the Word 1:15 Discard 2:00 Karaoke 3:00 Price is Right	Closed	
Closed	7 Closed	8 9:00 Coffee & Crossword 10:00 Gentle Stretch & Flex Exercises 10:30 Current Events 11:30 Lunch 12:30 Auto show Puzzle 1:15 Hidden in Plain Sight 2:00 Guess the Tune? 3:00 Sing Along	9 9:00 Coffee & Crossword 10:00 Power Chair Aerobics 10:30 Current Events 11:30 Lunch 12:30 Fall Unscramble 1:15 Speed Bingo 2:00 Mad Gab 3:00 Match Game	10 9:00 Coffee & Crossword 10:00 Zumba 10:30 Current Events 11:30 Lunch 12:30 Family Tree 1:15 Fancy nails 2:00 Turkey Bowling	11 9:00 Coffee & Crossword 10:00 Moovin' & Groovin' 10:30 Current Events 11:30 Lunch 12:30 Recall the Services 1:15 Veterans Special 2:00 Modern tech 3:00 I Spy <small>Veterans Day Remembrance Day (Canada)</small>	12 9:00 Coffee & Crossword 10:00 Sittercise 10:30 Current Events 11:30 Lunch 12:30 Secret to Leftovers 1:15The Kindness Train 2:00 Fill the Basket of Thanks 3:00 Would you Rather?	Closed
Closed	14 Closed	15 9:00 Coffee & Crossword 10:00 Sit and Be fit 10:30 Current Events 11:30 Lunch 12:30 Fill in the Blanks 1:15 Globe Categories 2:00 Spruce Up the Fall Tree Arts and Craft 3:00 Share a Recipe Day	16 9:00 Coffee & Crossword 10:00 Tai Chi 10:30 Current Events 11:30 Lunch 12:30 Festive Fixings 1:15 Candylicious Bingo 2:00 Ball toss 3:00 Spot the Difference	17 9:00 Coffee & Crossword 10:00 Scarf Exercise with Style 10:30 Current Events 11:30 Lunch 12:30 "Rake" Rhymes 1:15 Painting with Style 2:00 Penne Ante 3:00 Travel Slideshows	18 9:00 Coffee & Crossword 10:00 Sittercise 10:30 Current Events 11:30 Lunch 12:30 Mixed-up Monopoly 1:15 Pokeno 2:00 Modern Tech 3:00 Find the Reese's Pieces	19 9:00 Coffee & Crossword 10:00 Move to the Beat 10:30 Current Events 11:30 Lunch 12:30 Concentration Puzzles 1:15 Jeopardy 2:00 True or False 3:00 Movie Matinee	Closed
Closed	21 Closed	22 9:00 Coffee & Crossword 10:00 Sittercise 10:30 Current Events 11:30 Lunch 12:30 Math mania 1:15 Discard 2:00 Create your own Pilgrim Hat with Style 3:00 Word in a Word	23 9:00 Coffee & Crossword 10:00 Meditation Workout 10:30 Current Events 11:30 Lunch 12:30 Sewing Needle Work Detective 1:15Gratitude Bingo 2:00 Guess the Pie? 3:00 Basketball	24 9:00 Coffee & Crossword 10:00 Grateful Yoga 10:30 Current Events 11:30 Lunch 12:30 Thanksgiving Riddles Jumbo 1:15 Tom the Turkey 2:00 Macy's Parade 3:00 Gobble Gobble Craft <small>Thanksgiving Day</small>	25 Closed	26 9:00 Coffee & Crossword 10:00 Zumba 10:30 Current Events 11:30 Lunch 12:30 I Spy 1:15 Karaoke 2:00 Table Board Games 3:00 Native Heritage Clues	Closed
Closed	28 Closed	29 9:00 Coffee & Crossword 10:00 Sit and be Fit 10:30 Current Events 11:30 Lunch 12:30 Match the Hannukah Clue 1:15 Scrabble 2:00 Picture the Color? 3:00 Jenga	30 9:00 Coffee & Crossword 10:00 Gold Dance aerobics 10:30 Current Events 11:30 Lunch 12:30 Math Mania 1:15 Bingo 2:00 Higher or Lower 3:00 Balloon toss	 <h1>November 2021</h1> <p>ADC Independent Activities: Word search, iPad, Crosswords, Adult Coloring</p>			